



Smoking and Indiana Women



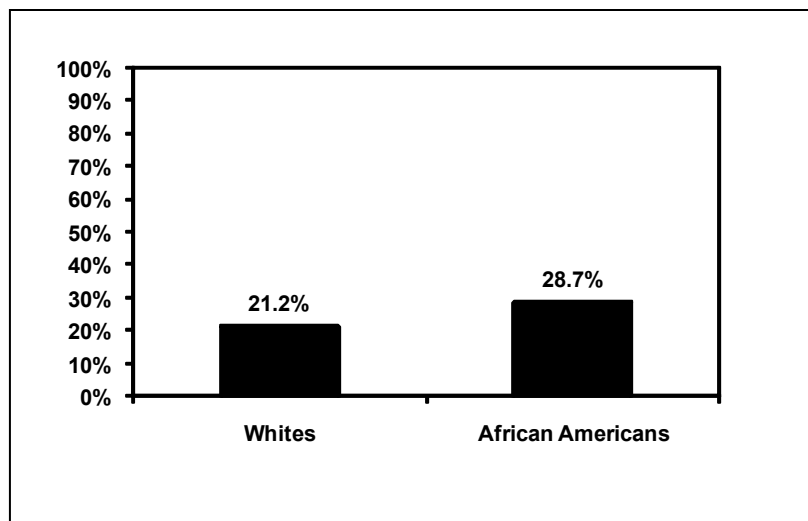
Tobacco use is the single most preventable cause of death and disease in the United States. Smoking alone is responsible for 9,700 premature deaths in Indiana annually. Close to 3,800 of these deaths happen to Hoosier women.

Ninety percent of all lung cancer deaths in women are attributable to smoking. By 1987, lung cancer had surpassed breast cancer as the leading cause of cancer-related deaths in women. Women who smoke have an increased risk for other cancers as well.

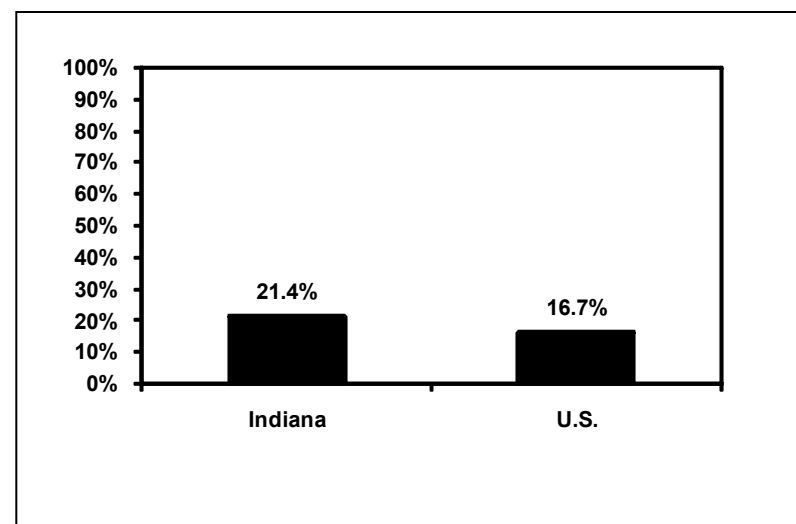
Women who smoke double their risk for developing coronary heart disease and are ten times more likely to die from chronic obstructive pulmonary disease (COPD).

Postmenopausal women who smoke have lower bone density than those who never smoked.

Female Smoking Rates by Race in Indiana, 2009 BRFSS



Smoking Rates among Women, Indiana & U.S., 2009 BRFSS



- Smoking among Indiana girls: 8 percent of middle school girls and 23 percent of high school girls are current smokers.
- Over eighteen percent (18.5%) of pregnant women in Indiana smoke, nearly twice the national average (10.7%), making Indiana one of the highest among all US states.
- One in five White (21.2%) women in Indiana smoke, and nearly 29 percent of African American women smoke.

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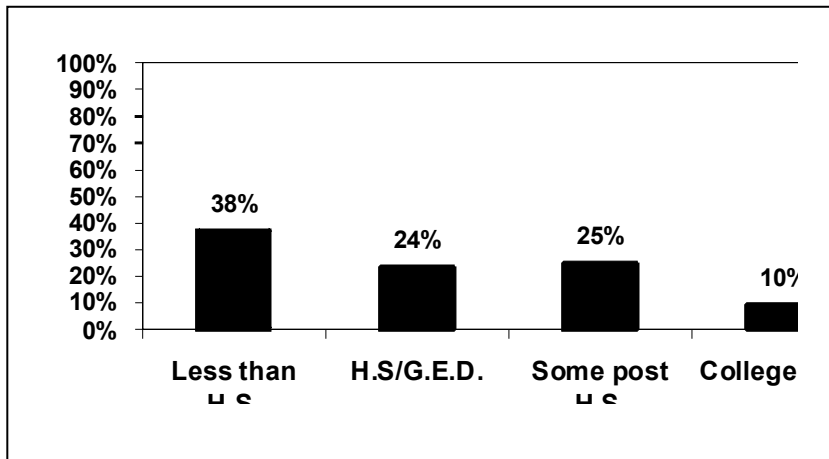
Smoking among Indiana Women by Age

- Women in the 25-34 age group have the highest proportion of smokers among women of all other age groups at approximately 31 percent.
- One-fourth (25%) of women age 35-44 are current smokers.

Indiana Women Smoking Rates by Education Level

- In general, as with all population groups, smoking rates tend to decline as education levels increase.
- Thirty-seven percent (37.4%) of women with less than a high school education are current smokers.

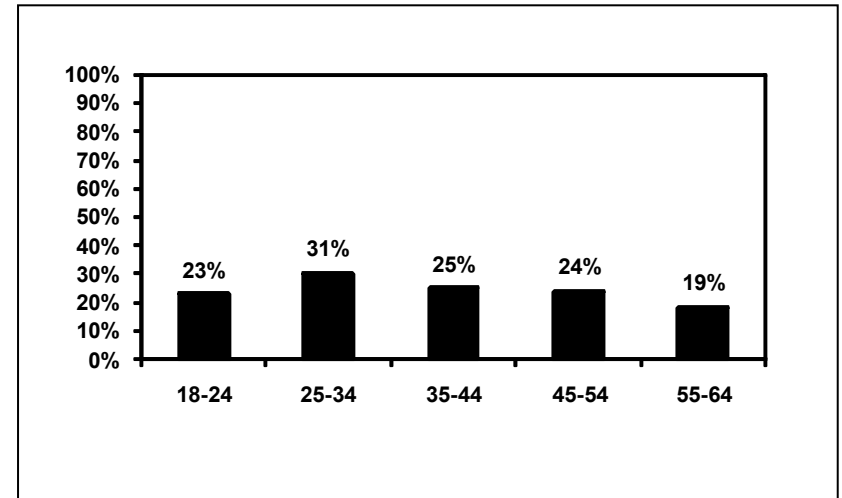
Indiana Women Smoking Rates by Education Level, 2009 BRFSS



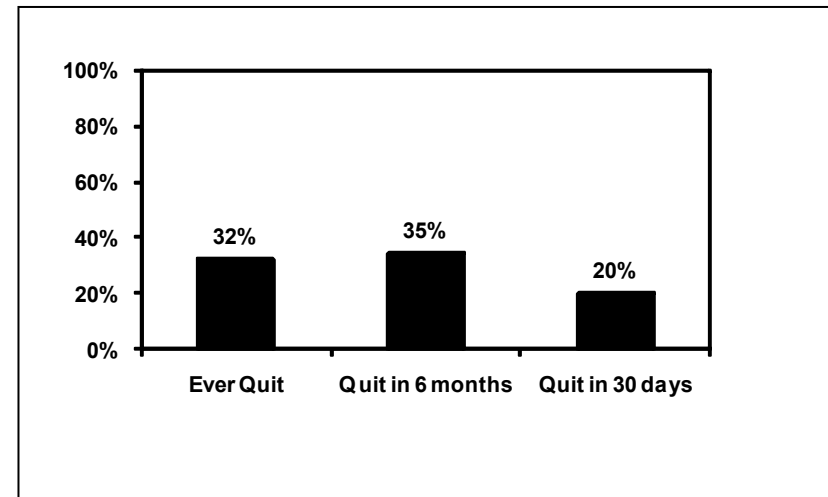
Intentions to Quit Smoking

- Intentions to quit smoking among women in Indiana are similar to the proportion of all smokers in the state. The percent of women smokers in Indiana expecting to quit in the next 6 months is higher than the percentage of male smokers.

Indiana Women Smoking Rates by Age Group, 2009 BRFSS



Quit Intentions of Women Smokers in Indiana, 2008 ATS





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Smoking During Pregnancy

Cigarette smoking among women increases the risk for infertility, preterm delivery, stillbirth, low birth weight babies, and sudden infant death syndrome (SIDS).

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributable to smoking.
- Women who smoke during pregnancy had more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS and infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

The rate of Indiana mothers who reported smoking during pregnancy (18.5%) is considerably higher than the national average (10.7%). Even more alarming are rates in Indiana counties that exceed state and national averages. County rates range from 4.5% to 36.4%. See the ***Pregnant Women and Smoking*** fact sheet for county specific rates.

Prenatal exposure to secondhand smoke is also harmful to children and affects mental development. Children of mother who were exposed to secondhand smoke during pregnancy have lower scores on test for cognitive development at age two compared to children living in smoke free homes.

The high rate of smoking by Indiana women illustrate why tobacco use greatly impacts our state, especially our children. Through Indiana's tobacco control program we continue to raise Hoosiers' awareness of tobacco prevention and control issues. Several Indiana communities are working to create policies addressing secondhand smoke to protect all workers. Indiana continues to strive for a state where all can live without tobacco!

Sources: 2009 Indiana Behavior Risk Factor Surveillance Survey, 2008 Indiana Adult Tobacco Survey, 2008 Indiana Youth Tobacco Survey; 2007 Indiana Birth Certificate Data; CDC Tobacco Control Data Highlights 2006; [Women and Smoking: A Report of the Surgeon General](#). Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2001. Novotny TE, Giovino GE. Tobacco use. In: Brownson RC, Remington PL, Davis JR (eds). Chronic Disease Epidemiology and Control, 2nd ed. Washington, DC: American Public Health Association, 1998. pp. 117-148.